

ABSTRACT OF THE DISCLOSURE

An optical recording medium includes a substrate, two recording layers provided on the substrate and two dielectric layers each provided adjacent to one of the recording layers, the optical recording medium being constituted so that when it is irradiated with a laser beam having a wavelength λ via an objective lens having a numerical aperture NA satisfying $\lambda / NA \leq 640$ nm from the side opposite from the substrate, a record mark whose reflection coefficient is different from those of other regions of the recording layers is formed in the recording layers and at least a part of a region(s) of the dielectric layers adjacent to the record mark is crystallized to form a crystallized region. According to the thus constituted optical recording medium, it is possible to reproduce a signal having excellent signal characteristics.

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